200 Hour Teacher Training Program

5-Month Extended Format

Dates: September 6, 2014-February 8, 2015
Trainers: Nikki Estrada & Hillary Skibell
Location: YogaWorks Mill Valley
Contact: teachertrainingnorcal@yogaworks.com; 310-664-6470 x 159
Tuition: $3300 when paid-in-full by July 8
$3450 when paid-in-full by August 8
$3650 after August 8

Tuition includes unlimited yoga at all YogaWorks locations for the duration of the training, starting as early as August 1 once paid in full.

Don't Miss our Free Class & Info Session: Saturday June 28 and July 26 from 12:30-2:30pm at our Mill Valley Studio

Week	Date	Day	Start Time	End Time	Topic
Week 1	6-Sep	Saturday	12:30PM	7:00PM	Welcome & Neutrally Rotated Standing Poses
	7-Sep	Sunday	12:30PM	7:00PM	Intro to Surya Namaskar
Week 2	13-Sep	Saturday	12:30PM	7:00PM	Externally Rotated Standing Poses
	14-Sep	Sunday	12:30PM	7:00PM	Externally Rotated Standing Poses
Week 3	27-Sep	Saturday	12:30PM	7:00PM	Surya Namaskar A
	28-Sep	Sunday	12:30PM	7:00PM	Asymmetrical Neutral Standing Poses
Week 4	11-Oct	Saturday	12:30PM	7:00PM	Surya Namaskar B
	12-Oct	Sunday	12:30PM	7:00PM	Well Rounded YogaWorks Class
Week 5	25-Oct	Saturday	12:30PM	7:00PM	Inversions
	26-Oct	Sunday	12:30PM	7:00PM	Inversions
Week 6	8-Nov	Saturday	12:30PM	7:00PM	Inversions
	9-Nov	Sunday	12:30PM	7:00PM	Twisting Poses
Week 7	22-Nov	Saturday	12:30PM	7:00PM	Simple Backbends
	23-Nov	Sunday	12:30PM	7:00PM	How to Teach Beginners
Week 8	6-Dec	Saturday	12:30PM	7:00PM	Urdvha Dhanurasana
	7-Dec	Sunday	12:30PM	7:00PM	Supta Padangustasana & Forward Bends
Week 9	20-Dec	Saturday	12:30PM	7:00PM	Seated Twists
	21-Dec	Sunday	12:30PM	7:00PM	Chair Backbends
Week 10	10-Jan	Saturday	12:30PM	7:00PM	Restoratives
	11-Jan	Sunday	12:30PM	7:00PM	Prenatal Yoga, Elective & Exam Review
Week 11	24-Jan	Saturday	12:30PM	7:00PM	Hip Openers, Arm Balances
	25-Jan	Sunday	12:30PM	7:00PM	Inversions & Abdominals
Week 12	7-Feb	Saturday	12:30PM	7:00PM	In Class test, Final Practicum Prep, Business of Yoga
	8-Feb	Sunday	12:30PM	7:00PM	Final Practicum

Plus 16 classes taken thoughout the duration of the program allowing you to experience different styles, levels & methodologies